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NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities

U. S. DEPARTMENT OF AGRICULTURE, Washington, D. C. SEPTEMBER-OCTOBER, 1962

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NUTRITION COMMITTEE MEMBERS MEET IN MIAMI BEACH

Twenty-nine representatives of 11 State and local nutrition committees and the Interagency Committee on Nutrition Education met for breakfast and discussion at the time of the American Home Economics Association's annual meeting held in Miami Beach, June 26-29. A similar meeting will be a part of the American Dietetic Association annual meeting in Miami Beach in October.

Representatives from two State committees reported on their activities. The report from the Minnesota Nutrition Council dealt particularly with activities—at the local level—projecting ideas from the 1962 National Conference on Nutrition Education. The New Jersey report described a variety of activities carried on in that State.

An informal exchange of ideas and information followed the reports.

MINNESOTA

The Minnesota Nutrition Council has conveyed the ideas presented at the Conference to many different groups by means of articles, symposia, workshops, and materials prepared for special groups.

The three members who attended the Conference reported on it to the Nutrition Council at the May meeting. An article describing the sessions was published in the Minnesota Dietetic Association Bulletin, April 1962. This bulletin reaches approximately 325 dietitians.

Conference Ideas Spark Meetings

A workshop for nursing educators, teaching dietitians, and nutrition instructors from collegiate schools of nursing was held in May. Two Conference papers were included in this workshop—"An Evaluation of Children's Diets," by Ruth M. Leverton, and "Cultural Factors Influencing Children's Food Habits," by Margaret Lantis.

Conference papers were used in a presentation prepared for the Minnesota School Food Service Association's annual meeting, which was attended by approximately 1,000 school lunch personnel. Four high school students discussed food habits and food preferences in relation to school lunch.

A committee of the Minnesota School Food Service Association worked out nutrition education goals for school-age children and published them in the Association newsletter, which is distributed to all schools in the State. A primary-grade project in nutrition education was also initiated in the Nutrition Centers of five schools in St. Paul.

Summaries Are Used

A review of the Nutrition Education Conference papers was presented at a meeting of the Minnesota School Health Council. This group is made up of representatives from the State medical association, the State department of health, voluntary health agencies, the Minnesota School Food Service Association, the Minnesota Nutrition Council, school administrators, health educators, teachers, and other groups involved in school health programs.

In October 1962, a nutrition education workshop will begin for elementary school teachers of the St. Paul schools. Thirteen 3-hour sessions are planned. Summaries of the Conference papers will be incorporated into the subject matter content.

INTERAGENCY COMMITTEE SHORTENS NAME

The name of the Interagency Committee on Nutrition Education and School Lunch (ICNESL) has been shortened to the Interagency Committee on Nutrition Education (ICNE). Since the committee's responsibility to the school lunch program has chiefly been that of helping make the meal experience an integral part of nutrition education in schools, member agencies were polled and the name was officially shortened.

NEW JERSEY

The New Jersey Nutrition Council reported emphasis on cooperating with other agencies to further nutrition education throughout the State.

For example, the Council and the State Department of Education co-sponsored a 1-day conference devoted largely to the School Lunch Program. Some 500 participants considered "nutrition teachings and practices" and made recommendations for (1) developing plans to help students who skip breakfast, and (2) developing methods of lessening tensions during school lunch periods.

Special materials were also prepared in cooperation with other agencies on subjects, such as meal planning for fallout shelters, and food frauds, particularly those perpetrated on older people.

A continuing program is underway to combat food faddism by providing guidance to libraries and their patrons. The list of "Nutrition Books for Lay Readers" developed by Dr. Helen S. Mitchell was mailed to 1,200 public and school libraries in New Jersey. The supplement to this list, developed in Massachusetts, along with book reviews of such books as "Calories Don't Count" by Taller (prepared by Dr. E. L. Severinghaus) and others were also sent to libraries.

Several letters were sent to editors of popular magazines protesting the promotional coverage given to faddist books. On the other hand, a letter of commendation was sent to the Columbia Broadcasting System concerning the showing of "The Fat American."

Nutrition Education Conference papers were reproduced and distributed to all members of the Council. Other followup activities include co-sponsoring two conferences to be held in October 1962. The first will be "Nutrition and Dental Health" to be held at Seton Hall College of Dentistry. The second, "Nutrition in the Growing Years" will be a sectional meeting of the New Jersey Public Health Association.

OTHER COMMITTEES REPORT

In the general discussion that followed the two State reports, representatives from Georgia, Mississippi, New York, Indiana, Connecticut, and Illinois reported similar activities using ideas from the Nutrition Education Conference.

Activities were also reported in other areas, such as working with special groups (nutrition education in nursing workshops), combatting misinformation, preparing material to be released through the mass media, and serving as a coordinating body for many groups concerned with nutrition education.

INTERAGENCY COMMITTEE ON NUTRITION EDUCATION (ICNE)

Agencies and Their Representatives 1962-63

DEPARTMENT OF AGRICULTURE

Federal Extension Service:

Division of Home Economics Programs—Dr. Evelyn B. Spindler, Chairman, ICNE; Loretta Cowden.

Division of Extension, Research and Training, Foreign Educational Branch—Helen Strow, Mrs. Sue T. Murry.

Agricultural Research Service:

Consumer and Food Economics Research Division—Dr. Eloise Cofer, Dr. Mary M. Hill.

Agricultural Marketing Service:

Food Distribution Division, School Lunch Branch—Mrs. Bertha F. Olsen, Janet M. McFadden, Josephine Podrasky.

Foreign Agricultural Service:

Foreign Training Division — Mrs. Ruth E. Silkett, Vice Chairman, ICNE; Gertrude Drinker.

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

Children's Bureau:

Division of Health Services—Frances N. Shoun, Mary C. Egan.

Office of Education:

Division of State and Local School Systems Instruction Organization and Service Branch—Elsa Schneider, Dr. Helen Mackintosh.

Division of Vocational and Technical Education, Home Economics Education Branch—Dr. Alberta Hill, Lois Oliver.

Public Health Service:

Bureau of State Services, Division of Chronic Diseases—Gretchen C. Collins, Mildred Kaufman.

Bureau of Medical Services, Division of Indian Health—Dr. Bertlyn Bosley, Helen Ger Olson.

Food and Drug Administration:

Division of Nutrition—Eugene H. Stevenson.

Division of Public Information—Wallace Janssen.

DEPARTMENT OF THE INTERIOR

Bureau of Commercial Fisheries—Mrs. Rose G. Kerr, Mrs. Beverly M. Barton.

AGENCY FOR INTERNATIONAL DEVELOPMENT

Bureau for Near East and South Asia, Institutional Development Division, Agriculture Branch—Dr. Katharine Holtzclaw.

AMERICAN NATIONAL RED CROSS
Dorothy L. Bovee, Mrs. Kester L. Hastings.

FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS
North American Regional Office:
Mrs. D. Laurel Bocobo, Liaison Representative, ICNE.

PRESIDENT'S COUNCIL ON YOUTH FITNESS
Federal - State Relations:
Simon A. McNeely, Observer, ICNE.

SECRETARY OF THE ICNE—Mrs. Margaret M. Morris, Nutrition and Consumer - Use Research, USDA.

CHAIRMEN OF ACTIVE STATE NUTRITION COMMITTEES

California—Charles E. DuBois, Departmental Food Administrator, State Department of Corrections, 502 State Office Building, No. 1, Sacramento 14.

Colorado—Dr. Fern Bowman, Colorado State University, Fort Collins.

Connecticut—Mrs. Jeannette W. Sturmer, State Welfare Department, State Office Building, Hartford 3.

Georgia—Miss Josephine Martin, Supervisor, School Lunch Program, State Department of Education, Atlanta 3.

Illinois, State—Mrs. Margaret I. Morris, Director, Dairy Council of the Quad-Cities, 504 Rock Island Bank and Trust Building, Rock Island.

Illinois, Chicago (Chicago Nutrition Association)—Mrs. Bertha Bishov, President, Chicago Nutrition Association, 2549 63rd Street, Chicago 29.

Indiana—Miss Mary Beeman, 212 North College, Muncie.

Kansas—Miss Conie C. Foote, Director, Nutrition Section, Kansas State Board of Health, Topeka.

Maine—Mrs. Gene M. West, Nutrition Specialist, Cooperative Extension Service, University of Maine, Orono.

Massachusetts (Subcommittee of the Central Health Council)—Mrs. Emma Wetherbee May, Nutrition Supervisor, State Department of Health, 88 Broad Street, Boston.

Minnesota—Miss Eileen Reardon, Minnesota Health Department, University Campus, Minneapolis 14.

Mississippi—Mrs. Mary S. Harvey, District Nutritionist, Sunflower County Health Department, Ruleville.

Montana—Miss Agnes S. Woodson, Supervisor, School Lunch Program, Great Falls Public Schools, Administration Building, 1100 Fourth Street South, Great Falls.

New Hampshire — Miss Dorothy Kingsbury, Head, Home Economics Department, Teachers College, Keene.

New Jersey—Mrs. Irene Wolgamot, Extension Specialist in Foods and Nutrition, Rutgers University, New Brunswick.

New Mexico—Mrs. Mildred Latini, Executive Director, Dairy Council of Northern New Mexico, 302 San Mateo Boulevard, Northeast, Albuquerque.

New York, State—Miss Marjorie Burns, New York State College of Home Economics, Cornell University, Ithaca.

New York, City (Food and Nutrition Council of Greater New York, Inc.)—Dr. Seymour L. Halpern, 146 Central Park West, New York 23. Dr. Clara M. Taylor, Chairman, Planning Board, Teachers College, Columbia University, New York 27.

Ohio—Mrs. Virginia Millholland, Dietary Department, University Hospital, 410 West 10th Avenue, Columbus.

Oklahoma—Dr. Helen Barbour, Assistant Dean of Home Economics, Oklahoma State University, Stillwater.

Rhode Island — Mrs. Arthur J. Hatton, Coordinator, Chronic Disease Project, State Department of Health, Kent County Hospital, Warwick.

South Carolina—Miss Janie McDill, Extension Nutritionist, Clemson College, Clemson.

Texas—Dr. Helen Campbell, Senior Nutrition Consultant, Chronic Disease Division, State Department of Health, Austin.

Utah—Dr. Sadie O. Morris, College of Family Living, Brigham Young University, Provo.

Vermont—Dr. Merton Lamden (in England on sabbatical leave). Send correspondence to—Miss Blair Williams, Home Economics Department, College of Agriculture and Home Economics, Burlington.

Virginia (Subcommittee of the Virginia Council of Health and Medical Care)—Miss Kathryn E. Smith, Director, Dining Services, Reynolds Metal Company, 6601 West Broad Street, Richmond.

Washington—Dr. Velma Phillips, Dean, College of Home Economics, State College of Washington, Pullman.

West Virginia—Miss Elizabeth Williams, Monongahela Power Company, Fairmont.

Puerto Rico—Miss Marta Coll, Food Distribution Division, Agricultural Marketing Service, USDA, P. O. Box 8037, Santurce.

MATERIALS

Listing of these materials is for the information of the reader and does not necessarily mean recommendation. Materials or information concerning materials may be obtained from the address given.

Applied Nutrition

FOOD FOR FAMILIES WITH SCHOOL CHILDREN. Slightly revised, August 1961. 24 pp. U.S. Department of Agriculture, Home and Garden Bulletin No. 13. Available from Superintendent of Documents, Gov-

ernment Printing Office, Washington 25, D. C. $0.15. Single copies free from Office of Information, USDA.

FOOD BECOMES YOU. Ruth M. Leverton. Paperback edition. Dolphin book, 1961. Doubleday and Company, Inc., Garden City, New York. $0.95.

DIABETIC DIETS. Bureau of nutrition series for nursing homes. Leaflet No. 8, June 1961. Available from California Department of Public Health, 2151 Berkeley Way, Berkeley 4, California.

ARKANSAS DIET MANUAL (third edition—1962). 139 pp. Available from Nutrition Service, Arkansas State Board of Health, Little Rock. $1.50 out-of-State.

FOOD AND SCIENCE — TODAY AND TOMORROW. William J. Darby, M.D., and Gwen Lam, 1961. 20 pp. Public Affairs Pamphlet No. 320. Available from Public Affairs Pamphlets, 22 East 28th Street, New York 16, New York. $0.25.

Food Storage

STORING PERISHABLE FOODS IN THE HOME. 1961. 12 pp. U.S. Department of Agriculture, Home and Garden Bulletin No. 78. Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C. $0.10. Single copies free from Office of Information, USDA.

Civil Defense

FAMILY FOOD STOCKPILE FOR SURVIVAL. 1961. 16 pp. Prepared by USDA in cooperation with Office of Civil Defense Mobilization. U.S. Department of Agriculture, Home and Garden Bulletin No. 77. Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C. $0.10.

MEALS FOR FALLOUT SHELTERS. 1962. 15 pp. Prepared by New Jersey Nutrition Council. Issued by Division of Civil Defense and Disaster Control, Department of Defense.

Bibliography

NUTRITION REFERENCES FOR TEACHERS, PARENTS, NURSES, AND OTHERS. 1961. 16 pp. Prepared by a joint committee from the Bureaus of Health and Safety Education, Health Service, Home Economics Education, New York State Education Department, and the Bureau of Nutrition, New York State Department of Health.

GUIDE TO SELECTED NUTRITION BOOKS, SUPPLEMENT NUMBER 1—FALL 1961. Joint Committee on Nutrition Literature, Massachusetts Library Association, Food and Nutrition Section, Massachusetts Public Health Association. The original bibliography by Helen S. Mitchell, "Nutrition Books for Lay Readers—Guide to Reliable and Unreliable Ones" appeared in *Library Journal*. February 15, 1960. Mimeographed copies of the bibliography and supplements, as they appear, may be ordered from the Massachusetts Public Health Association, 1 Shattuck Street, Boston 15, or from the Nutrition Section, Room 612, Massachusetts Department of Public Health, 88 Broad Street, Boston 10, Massachusetts.

Budgets

QUANTITY AND COST BUDGETS FOR TWO INCOME LEVELS. (Prices for the San Francisco Bay Area —September 1961.) 1962. 87 pp. Prepared by the Heller Committee for Research in Social Economics of the University of California. Available from the A.S.U.C. Store, Berkeley. $1.85.

DR. THELMA DREIS RESIGNS

Dr. Thelma Dreis, Executive Secretary of the ICNE for the past 12 years, resigned as of June 30 to work in the area of adult education, giving her full attention to working with foreign students.

She will be sorely missed by the members and alternates of the ICNE and by the State and local committee chairmen with whom she corresponded and, on invitation, occasionally visited to give her services as a representative of Nutrition Programs Service, USDA.

Mrs. Margaret M. Morris, home economist, succeeds Dr. Dreis as Nutrition Programs Officer and Executive Secretary of ICNE. She was formerly associated with the School Lunch Branch, Food Distribution Division, Agricultural Marketing Service. Mrs. Morris, with her varied experience in Federal agencies, community programs, and 10 years abroad, is well prepared to work with the Committee.

Nutrition Committee Members will hold a "Share and Compare" session on October 10, 1962, 11:45 a.m.-12:45 p.m., at the American Dietetic Association annual meeting.

Consumer and Food Economics Research Division, Agricultural Research Service, U. S. Department of Agriculture, in consultation with the Interagency Committee on Nutrition Education. (Printing approved by the Bureau of the Budget, May 22, 1958.)

APRIL2013

You aren't alone in...

NUTRITION EDUCATION

FOR ELEMENTARY SCHOOLS

Become Acquainted with

THESE RESOURCES IN YOUR COMMUNITY

EFFECTIVE NUTRITION PROGRAMS
ARE CO-ORDINATED AND CONTINUOUS;
UNDERSTOOD BY PARENTS, SCHOOL, AND COMMUNITY.

Home Economics Teachers

How they can help. Homemaking teachers in junior and senior high schools have had college training in nutrition and experience in teaching. They can assist grade school teachers work out projects with foods or food preparation that could be carried on by the children; suggest activities in food preparation that would fit into family experience, such as food for picnics or snacks. They can provide teaching suggestions, source of materials, often assist with setting up displays or providing reference materials.

The nutritionists in the home economics departments of nearby colleges will be able to advise on methods and sources of information, as will the supervisors of home economics education for large cities or states.

The Home Demonstration Agent

How she can help. There is an Extension Service home demonstration agent or home economist in almost every county seat. She receives continuous, up-to-date information and continuous on-the-job training. She has available the facilities of the land-grant college in the state and the help of the Department of Agriculture, with its research and its many publications on nutrition. The home demonstration agent can provide information and materials, advise on ways to work with the entire family, and call on the state Extension nutrition specialist to serve as a resource person.

School Nurse and Health Teacher

How they can help. The school nurse will provide information on aspects of health related to nutrition. She will be familiar with the health situation in the particular school and may be able to suggest areas of nutrition information that seem especially needed for the health of the children of all grades in the school, emphasizing a good broad program of normal nutrition for all. She can get teaching materials from health associations for diets in special situations.

The public health nurse may likewise be a good liaison with the child's family.

Many schools now have a health teacher who will be teaching health and can serve as a resource person for units relating to health.

THESE PROFESSIONAL PERSONS have many call help the teacher, the student teacher, or other related to at least one of the suggested nutriti

School Lunch Supervisor and Manager

How they can help. The school lunch supervisor can provide a good lunch every day—one that children will eat and enjoy in an atmosphere that promotes good eating habits; co-operate in tasting sessions and tours of lunchrooms; correlate school lunch with subjects being taught; co-ordinate menus with class programs; include foods or dishes in which the classes have become interested; provide posters or suggestions for posters that youngsters can make and display in the school lunchroom.

The school lunch manager is familiar with the kinds of foods used in Type A school lunches. She can provide menus, set up model lunches to show how foods are varied from day to day for good nutrition; work closely with the classroom teacher in putting on "tasting parties" to introduce new foods to children conduct kitchen tours to show how food is prepared and kept wholesome and sanitary.

Nutritionists and Dietitians in the Community

How they can help. They can provide information about the health status of the community in general; suggest home-school co-operation in areas where the community as a whole can benefit from changes in food patterns; help professional workers improve their nutrition background so that they can successfully apply it in their work with children and their parents; and work with agencies and organizations to interpret nutritional needs in the community and suggest ways of meeting them. They can recommend visual aids, films, and pass upon the soundness of nutrition information materials or books. Nutritionists and dietitians can be located through the public health department or hospitals of the community.

School Physicians and Dentists and Local Medical Asociations

How they can help. They can be consulted on questions of nutrition and health. They can interpret adequate diet and importance for good health. They may be able to suggest source of visual aids; possibly display class posters on nutrition in their offices. Dentists can suggest ways to demonstrate the importance of proper food to dental health.

alls on their time, but most of them will be able to
her nutrition educator develop activities and programs
rition understandings on the next page.

Your Librarian can help you find:

Reliable references on nutrition

References containing teaching ideas for any age

Guidebooks for making visual displays

Home economics texts for junior or senior high

Titles for a book list to send home to parents

Following are a very few of the many good books that fit into the above categories:

Food Becomes You.* By Ruth M. Leverton. Second Edition, Ames, Iowa: Iowa State University Press, 1960. Also available in paper back: Garden City, New York: Doubleday & Company, Inc., Dolphin Books, 1960

Experiences with Foods.* By L. Belle Pollard. Boston: Ginn and Company, 1962

The School Lunch. By Marion L. Cronan, Peoria, Illinois: Charles Bennett Co., Inc., 1962

You and Your Food.* By Ruth B. White. Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1961

Introduction to Nutrition.* By Henrietta Fleck and Elizabet D. Munves. New York: The Macmillan Company, 196

Food. The Yearbook of Agriculture. U.S. Governmen Printing Office, Washington, D.C., 1959

Nutrition in Action. By Ethel Austin Martin. Holt, Rinehart and Winston, Inc., 1962. (Has supplement "Nutritio Education in Action—A Guide for Teachers")

Roberts' Nutrition Work with Children. Revised by Ethe Austin Martin. Chicago: Univ. of Chicago Press, 195

The Nuts Among the Berries.* By Ronald M. Deutsch. Nev York: Ballantine Books, 1961 (paper back)

Bulletin Boards. By George F. Horn. Reinhold Publishin Corporation, New York, 1961

* Suitable for a reading list for parents

You can consult:

Free publications lists from these U.S. government agencies

Public Health Service

Children's Bureau of the Department of Health, Educa tion and Welfare

Department of Agriculture

and from trade associations in the food industry.

The homemaking teacher in your community can help yo locate sources of reliable teaching aids.

PARENTS—more than anyone—can help the child establish good food habits by:

* Displaying a wholesome attitude toward all foods themselves
* Encouraging the child to become acquainted with a variety of foods
* Serving nutritionally sound meals in the home
* Understanding the nutrition goals planned by educators and health workers, supporting the school lunch
* Using home experiences, such as marketing, preparing, and serving food to teach the child about foods
* Helping the child to understand that all people need good meals, but that some needs may be different for other members of the family

and especially by

* Giving special attention to nutritious snacks and to the foods that the child chooses independently in his own small purchases

This folder prepared by the American Home Economics Association as a follow up activity of the Nutrition Education Conference sponsored by the U.S. Department of Agriculture and the Interagency Committee on Nutrition Education and School Lunch and held in Washington, D. C., in January 1962. It is directed especially to the many persons who are called upon to teach nutrition in the elementary grades or who are preparing for such teaching and seeking professional help and background for these assignments.

Copies are available free on request in limited quantities from the American Home Economics Association, 1600 Twentieth Street, N.W., Washington 9, D. C.

NUTRITION UNDERSTANDING

Goals for the Elementary School Child

Following are important nutrition understandings appropriate for the elementary school child:

* Eating good food is fun.
* Food makes a difference in how we look, how we feel, and how children grow.
* We need to know and eat a wide variety of foods, so that we will get the foods we need for health. Applied nutrition is learning to know and eat these foods.
* Nutrition is an important part of health throughout life.
* The foods we eat help build and maintain the health of the teeth and the supporting tissues. (Fluoride is a food nutrient essential for building decay resistance into tooth enamel.)
* In the school lunch, we learn to eat and enjoy every day the foods we learn to know at home and in the classroom.
* Breakfast is an important meal, because it adds to our energy and enjoyment.
* We need every day:
  - milk or milk products
  - meat, poultry, fish, eggs
  - dried peas or beans
  - bread and cereals
  - fruit and vegetables

Note—Other goals and more specific ones should be established for the particular group of children.